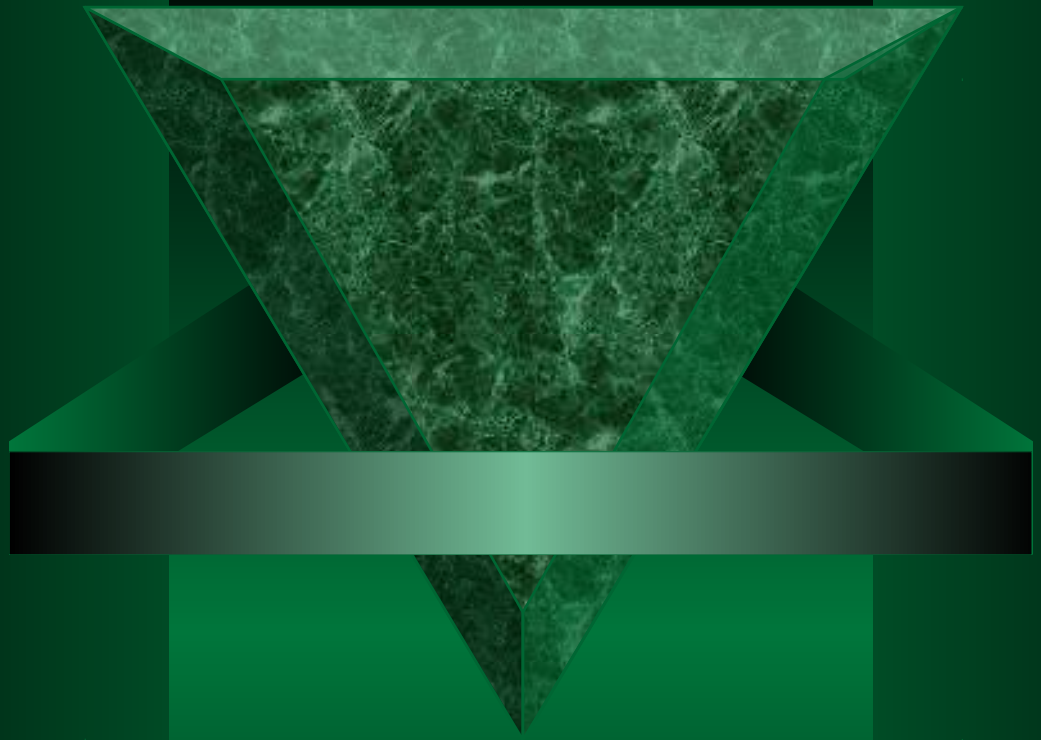

Home Safety

Making Your Home A Safer Place

Young Adults and Infants

For a child, the world is a constant source of new things to explore, discover and experience.

A child's natural curiosity and fearlessness are also what lead dangerous and potentially deadly situations.

Parents must try to eliminate or minimize potential hazards around the home that could

Take a look at these areas

- Fire
- Fire Prevention
- Firearms
- Water and Water Hazards
- Suffocation, Strangulation and Choking
- Electrical
- Kitchen
- Fall Prevention
- Recreational
- Home Alone
- Emergency Actions

Fire Safety

- With your help, even the youngest children can learn the basics of fire safety.
  - Many children hide instinctively from smoke and flames and even from firefighters who may look like "monsters" in their uniforms.

Fire Safety

- It's also important for you and your family to develop a fire escape plan.
  - Your plan should include at least two exits from every room, in case smoke or flames block one exit.
  - Make sure everyone knows how to open windows, dead bolts and locks.
  - Practice your escape plan with your family at least twice a year.

Fire Safety Basics

Listed here are some fire safety basics children and family members should know.

- Teach your children these fire safety basics:
- Matches and lighters are for grownups only
- Never touch matches or lighters
- Tell you or another adult if they find matches and lighters

In case of a fire…

- Get out quickly
- Once outside, stay outside
- Meet other family members outside at a predetermined location

If you become trapped inside a burning building...

- Make sure to touch the doors before opening. A hot door means there's fire on the other side.
- Crawl low under the smoke where the air is safer. Practice this exercise with children by crawling on the floor while holding a sheet two feet above ground.
- Signal rescuers from a window using a light colored cloth or flashlight.
- Place towels or sheets above and at the bottom of doors to help keep the smoke out

Stop Drop And Roll!

An important technique every family member should know is: "Stop, Drop and Roll," a technique used to extinguish flames if your clothes catch on fire.

- Stop… where you are.
- Drop… to the ground.
- Roll… over, covering face and hands.

Fire Prevention Necessities

- Install smoke detectors on every level of your house and outside every sleeping area. Remember to test detectors and replace batteries annually. Smoke detectors should be replaced every 10 years.
- Install carbon monoxide detectors near every sleeping area.
- Place fire extinguishers in kitchen, garage, workshop or other locations that may be prone to fires.

Firearm Safety In Your Home

It's important to teach your children the difference between a real gun and a toy gun. Also, most children don't know when a gun is loaded. Even if you don't have a gun, it is likely there are guns in the homes of your children's friends. All too often, children find loaded guns. Protecting them from guns involves more than practicing gun safety in your home.

Firearm Safety In Your Home

Remind them about the dangers of guns and to tell you or another adult if they see a gun while playing.

- Store guns unloaded in a locked area. Keep the key hidden.
- Secure guns with a barrel or trigger lock.
- Store ammunition separately from guns. Keep the key hidden.

Water Safety

It's important to teach children how to swim as early as possible. The following tips can help you keep them safe in the water and safe from water hazards at home.

Swimming / Boating Safety

- Make sure children know how to swim. Check with your local Red Cross, YMCA or other community swimming classes. The American Red Cross, YMCA, or other reputable organizations should certify instructors. You may also want to consider taking a Cardiopulmonary Resuscitation (CPR) course.
- Make sure children wear personal flotation devices approved by the U.S. Coast Guard.

Air-filled toys, mattresses or swimming aids won't provide them with the proper life support.

- Provide adult supervision when children

Water Safety In Your Home

- Install toilet bowl cover locks or latches.
- Empty all buckets and pails after use.
- Empty and store wading pools.
- Enclose hot tub or spa areas.
- Install a rigid, locking cover on hot tubs or spas.
- Cover hot tub and pool drains with safety covers. The force of the suction could pull and trap your child under

Water Safety In Your Home

- Enclose swimming pools with at least a four-foot fence (install self-latching gates out of children's reach).
- Keep a long rescue pole and life rings or tubes near your pool.
- Lock doors and windows leading to the pool.
- Install a pool alarm that will alert you if someone falls into the pool.

Preventing Suffocation, Strangulation And Choking

Bedclothes, bedding, thin plastic and being trapped in a confined space are the most common causes of suffocation among children. Avoid putting infants in an adult's bed or on waterbeds, futon mattresses, fluffy pillows or bean bag chairs. Infants can roll over and suffocate face down in the depressions their bodies make.

Crib Safety

- Crib mattresses should fit tightly and be well supported. (If you can fit two fingers between the mattress and the crib, the mattress is too small).
- Crib slats on headboards should be less than 2 3/8 inches to help prevent an infant's head from becoming trapped between slats.
- Fasten bumper pads to the crib. Strings should be short enough to avoid becoming wrapped around an infant's neck.
- Avoid using plastic bags over crib mattresses.
- Keep all toys with strings away from the crib.
- Remove necklaces and other jewelry before putting infants in their cribs.

Crib Safety

- Keep cribs away from dangling window shades or drapery cords.
- Pin-up window shades and drapery cords. Cut out the bottom of looped cords to prevent infants from becoming entangled in the cord.
- Keep all pillows, large plush toys and beanbags out of cribs.
- Keep gyms and mobiles out of cribs.
- Keep the drop-side of mesh playpens raised.
- Buy toy chests with removable lids and ventilation holes.
- Buy safety gates that have a straight top and bottom edge; a child's head can get

Food Safety

- Babies and toddlers will try to put everything in their mouths. It's up to you to make sure they can't swallow anything small enough to cause choking.
- Chop or shred round or slippery foods, such as hot dogs, grapes, raw apples or carrots.

Keep balloons away from children eight-years-old and under. Balloons cause more fatal chokings than any

Food Safety

- Keep babies and toddlers away from small, easy-to-swallow objects including buttons, coins, marbles, small toy parts, pen caps, pins and batteries.
- Keep babies and toddlers out of older siblings' rooms. Toys and objects designed for older kids could be harmful to younger children.
- Learn infant and child CPR, and what to do in case of choking

Household Electrical Safety

Keep children safe around the house by following these precautions.

- Unplug appliances after use and store them out of children's reach.
- Install self-closing electrical outlets that shut off when the plug is pulled.
- Install ground fault circuit interrupters (GFCIs) in bathrooms. GFCIs shut off power if something goes wrong with the electrical system.
- Install tagged shut-off for gas, oil, water and main electrical supplies to know how to turn them off in an emergency.
- Teach children to keep electrical

Kitchen Safety

- Store knives and sharp tools out of children's reach.
- Use safety latches on cabinets and drawers.
- Turn pot handles inward and use back burners for cooking.
- Keep foil and plastic wrap boxes out of reach. The sharp edges can cut skin and plastic film can be inhaled.
- Keep garbage under the sink in a container with a secure lid.

Kitchen Safety

- Keep your First Aid Kit updated and well stocked.
- Show children how to use the microwave before allowing them to use it alone.
- Show children how to remove pan lids to avoid steam burns.

Preventing Falls

- Avoid leaving infants alone on a changing table. Changing tables should have a two-inch edge.
- Keep infant seats off of tables, chairs or counters.
- Use infant seats with a wide, stable base.
- Lock high-chair trays. Look for chairs with easy-to-use safety straps and a crotch strap.
- Use safety gates at the top and

Preventing Falls

- Install handrails on stairs.
- Use plastic guards on stair or deck railings to keep children from falling through or getting their heads caught between the railings.
- Keep stairs free of toys and objects.
- Use throw rugs with rubber backing.
- Use rubber mats or no-skid decals in the tub.

Preventing Falls

- Secure furniture against the walls to prevent furniture from falling over on children.
- Use foam or other padding on sharp corners of furniture.
- Keep beds or other furniture away from windows.
- Install easy-to-detach window guards in infants and children's rooms.
- Install grab-bars in showers and tubs.

Recreational Safety: Yard And Playground

Check fences and playground equipment for loose screws or bolts.

- Anchor playground equipment away from fences, walls or obstructions.
- Put wood chips or sawdust under equipment to help absorb falls.
- Keep children indoors when you're mowing the yard. Also, keep them off of riding mowers.
- Check your yard for snakes, ants and thorny poisonous plants.
- Keep children off the lawn at least

Recreational Safety: Bicycles

- Insist that children wear helmets when riding. Helmets should meet the American National Standards Institute (ANSI) safety standards. Check the helmet labels for certifications.
- For a properly fitted bike your child should be able to sit on the seat with hands on the handlebars and the balls of both feet on the ground. Children under age 10 should have bikes with foot brakes.
- Put reflective material on bikes, helmets and clothing.

Staying Home Alone And Street Smarts

Keeping children safe at home when they're alone, at the playground or on the way to school isn't as easy as childproofing your home. It's important to teach them how to keep themselves safe. Children should be at least 11 years old before staying home alone. If your kids must stay at home alone, install security locks and an alarm system and show them how to use these security devices. It's also important for them to understand the following safety rules:

- To never tell anyone they're alone.
- Keep house keys out of sight. Keys

Staying Home Alone And Street Smarts

- Call the police or go to a neighbor's house if they find the door open or the house broken into.
- Double-lock doors as soon as they arrive home.
- Have delivery persons leave packages outside.
- Tell strangers who call that "mom and dad are busy" and to take a message.
- Call you, a neighbor, or police if they have a problem.
- Never talk to, or accept rides or gifts

Staying Home Alone And Street Smarts

- A stranger is anyone they don't know, even if that person is well dressed, kind and friendly. Strangers can identify your child's name by seeing it on the outside of a book bag, or by hearing someone call your child by name. Nametags should be placed inside clothing or other possessions. Set up a family "password" that only family members know.
- Use the buddy system for walking to school. Walk only on well-lighted

NO…GO…TELL!!!

- Use the No, Go and Tell system if someone tries to lure them away:
  - **No…** means don't go with strangers.
  - **Go…** means run away if trouble starts.
  - **Tell…** means it's okay to tell an adult.

What To Do In An Emergency

All children should know how to call for help in an emergency. Listed below are some basic guidelines to teach your children when to call 911.

- Call only if they or someone they know is hurt, sick or in danger.
- Stay calm, don't cry.
- Tell the dispatcher what happened and give the dispatcher their name and address.

What To Do In An Emergency

- Hang up when the operator says to.
- Practice emergency situations by disconnecting the phone and playing "let's pretend" with your kids. During these practice emergencies, they should be able to know their full names, home address, phone number, both parents' full names, both parents' office phone numbers. If you don't have 911 available in your community, remember to post the following numbers by each phone: police, fire department, poison control, your work numbers and the numbers of friends and relatives.

Home Safety Questions?

Contact:

Installation Safety Office
253-967-3079/6764

https://ft.lewis.army.mil/safety/index.html